



KEWAUNEE COUNTY ADMINISTRATOR'S OFFICE

Jennifer Schneider
Tourism Coordinator/Public Information Officer

FOR IMMEDIATE RELEASE

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Kewaunee County Offers Support to Those Suffering from the “Winter Blues”

Kewaunee, WI – The Kewaunee County Department of Human Services wants residents to know that there is help available for anyone who may notice periods of depression that appear to correlate with seasonal changes during the year. The reason for this may be due to Seasonal Affective Disorder (SAD).

Symptoms of the condition can include oversleeping, daytime fatigue and increased appetite, in addition to the usual symptoms of depression. Most often, the symptoms begin in October and November and will subside in March or April.

Some experts believe that SAD is related to an individual's reaction to changes in environmental light, such as the amount of sunlight. “For some getting outside especially during the daylight hours, getting some exercise, or planning something special helps provide some relief,” said Kewaunee County Department of Human Services Director, Robert Mattice.

If you would like to know more about the treatment of SAD, please feel free to contact the Kewaunee County Department of Human Services by calling (920) 388-7030 and request to speak with one of the mental health professionals.

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